

Hi Dr. Rose,

Thank you for meeting with me and my parents this morning. I feel like we discussed several topics and would like to clarify my understanding since I feel like we might not be on the same page and our perception of the events might be different.

As we discussed, I experienced a few occasional incidents where people I interact with on a regular basis temporarily act in an extremely strange and uncharacteristic manner. This is the "demon possession" that my father refers to in the papers that he gave you today and is present in various religions going back thousands of years (eg: shamanistic beliefs, Christian beliefs, parts of the Quran where Mohammed is compelled by Allah to write, etc).

As my father acknowledged during our session today, earlier he forcibly took one of my smartphones from me without my consent and angrily threw it to the point where it was damaged and no longer functioned while he was in an uncharacteristically angry state of mind. During today's session, and at other times in the past, he also declared that he feels no remorse for this action which destroyed my property.

There was also an incident at SLC airport a few years ago which we already discussed where I was forcibly arrested by 3 police officers while sitting peacefully by myself at another gate from my flight, and I was later expunged. I talked with one of the officers later while being transported to jail and he was quite relaxed and reasonable, unlike at the time of the arrest about half an hour to an hour earlier which was quite violent and tyrannical.

As another example, we have been conducting therapy sessions for several years. During our therapy sessions, usually I feel like the level of respect between us is usually at least 8 on a scale of 1 (lowest) to 10 (highest) and I feel like you are listening to me. However, I feel like today's session was unusually perturbed and agitated and did not meet that bar and many of my concerns were not heard or addressed.

At one point in the session, I asked all members present (you, my father, my mother, and myself) about the perceived level of respect on a scale of 1 (lowest) to 10 (highest) towards other members of the session.

At that point, I declared that my level of respect towards my mom was around 8 or 9, towards my father was 6 or 7, and towards you was also at least 6 or 7. I also asked my mom and her level of respect towards me also appeared to be high (at least 7). I proceeded to ask my father and you about your level of respect towards me and both of you dodged the question and were unwilling to provide me with a numeric response.

I am wondering if you might be able to recollect the following:

1. Do we usually interrupt each other during our sessions going back for the past 2 years?
2. In a typical session (30 minutes) going back for the past 2 years, do we interrupt each other more than 20 times in any direction?
3. In this session, during the first 10 minutes while I was speaking, did my father interrupt me more than 15 times?
4. In this session, during the first 10 minutes while my father was speaking, did I interrupt him more than 15 times?
5. In this session, during the first 10 minutes while you were speaking, did I interrupt you more than 15 times?
6. In this session, during the first 10 minutes while I was speaking, did you interrupt me more than 15 times?

7. During our other sessions during the past 2 years, what was your perceived overall level of respect among the participants?

8. During this session on May 12, 2026, what was your perceived overall level of respect from my mother towards me?
9. During this session on May 12, 2026, what was your perceived overall level of respect from me towards my mother?

10. During this session on May 12, 2026, what was your perceived overall level of respect from my father towards me?
11. During this session on May 12, 2026, what was your perceived overall level of respect from me towards my father?

12. During this session on May 12, 2026, what was your perceived overall level of respect from you towards me?
13. During this session on May 12, 2026, what was your perceived overall level of respect from me towards you?

I have noticed an increased level of involuntary muscle movements and misspoken words from people around me at times (for example, my father occasionally yells and swears at me, and during lunch today, my mom unconsciously pointed towards a dish and showed me a middle finger; she usually points with her index finger), but these are isolated to certain times and locations, other times and places can be quite normal. Relations with my mom are typically very civil, around Mother's Day I asked her if she had any complaints against me and she could only mention 2 action items which I addressed to some extent within 24 hours, and I was able to resolve one of them to her satisfaction.

Arpad Kovacs

May 12, 2026

I feel like today's perturbations were a one-off occurrence, and usually our sessions are pleasant, friendly, not stressful, and I do not feel like I am repeatedly cut off by those I am talking with.

I was wondering if you might be aware of anything that might have changed recently which could help us troubleshoot this anomaly and if you might have any ideas for how to fix it?

I feel like the situation has been on an improving trajectory for a while and this is just a temporary setback.

Thank you for your time and continued help and support, and I look forward to talking with you again in the future.

Have a great month and see you soon.

Best Regards,
Arpad